

# OMRON®

## INSTRUCTION MANUAL

*GOsmart™*

Tri-Axis Pocket Pedometer

Model **HJ-303**



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# INTRODUCTION

Thank you for purchasing the HJ-303 Omron® GOsmart Tri-Axis Pocket Pedometer.

**Fill-in for future reference:**

**DATE PURCHASED:** \_\_\_\_\_

**Staple your purchase receipt here.**

This pedometer is a great motivational tool to track the number of total steps, number of steps and minutes walked at a moderate pace, calories burned and distance walked. The convenient memory function supports the management of daily walking. The power saving feature on this pedometer continues to record your activity even when the display has automatically turned off.

Your HJ-303 GOsmart Tri-Axis Pocket Pedometer comes with the following components:

- Pedometer
- Holder
- Strap
- Clip
- Battery (CR2032 installed)
- Battery Screwdriver
- Instruction Manual

## SAVE THESE INSTRUCTIONS

## MODERATE STEP FUNCTION

This pedometer displays the number of steps and minutes walked at a moderate or brisk pace in a day. Moderate intensity activity is defined as 3.0 to 6.0 METs\* by the American College of Sports Medicine (ACSM).

\* METs represents the ratio of exercise metabolic rate. 1.0 MET is defined as the energy expenditure at resting condition. On average, when sitting at rest we use 1.0 MET, when walking at normal pace (2.5 mph) we use 3.0 METs.

### **Moderate steps**

This counts the number of steps taken at a moderate pace (3.0 METs or more). Moderate to brisk walking at approximately 2.5 to 3.4 mph (may differ in individuals) is one of the most popular activities to meet this recommendation.

### **Minutes for moderate steps**

This counts the amount of time spent walking at 3.0 METs or more.

Source: ACSM and the Center for Disease Control and Prevention (CDC) physical activity recommendation for adults is at least 30 minutes of moderate intensity activity 5 or more days per week. For more information, visit [www.acsm.org](http://www.acsm.org).



### **NOTE:**

Walking up or down stairs or a steep slope, and walking on a treadmill may not be counted as moderate steps.








# IMPORTANT SAFETY INFORMATION

*To assure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.*








## SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL

 <b>WARNING</b>	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
 <b>CAUTION</b>	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.





## OPERATING THE DEVICE

-  Contact your physician or healthcare provider before beginning a weight reduction or exercise program.
-  Keep the unit out of the reach of young children. The unit contains small pieces that may be swallowed. Immediately contact your physician if any piece is swallowed.
-  If used hanging around neck, the string can cause strangulation. Do not place pedometer with string around a child's neck.
-  If battery fluid gets in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.
-  Read all information in the instruction manual and any other literature included in the box before using the unit.
-  Operate the unit only as intended. Do not use for any other purpose.
-  Do not swing the unit by the strap. Swinging the unit while holding the strap may cause an injury.

## IMPORTANT SAFETY INFORMATION

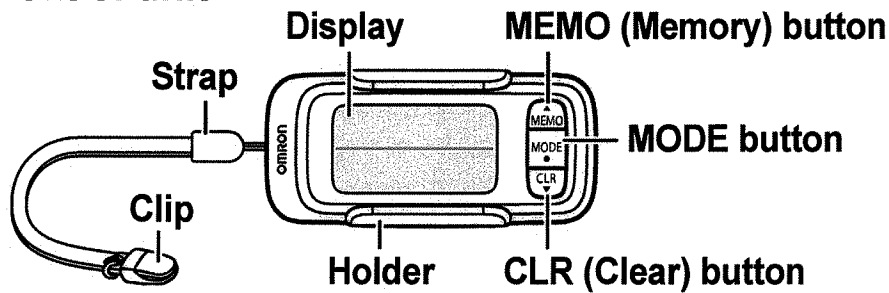
-  Do not put the unit in the back pocket of your shorts or trousers. It could be damaged if you sit down while the unit is still in your pocket.
-  If battery fluid gets on your skin or clothing, immediately rinse with plenty of clean water.
-  Do not insert the battery with the polarities in the wrong direction.
-  Replace a worn battery with a new one immediately.
-  Remove the battery from this unit when you are not going to use it for a long period of time (approximately three months or longer).
-  Do not throw the battery into fire. The battery may explode.
-  Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.

## CARE AND MAINTENANCE

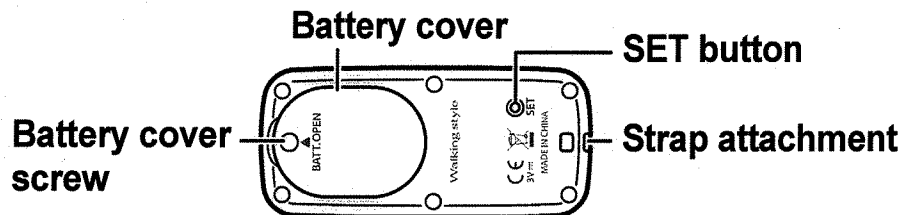
-  Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
-  Do not subject the unit to strong shocks, such as dropping the unit on the floor.
-  Do not submerge the unit or any of the components in water.
-  Do not press the button with a sharp point. This could cause damage.

# KNOW YOUR UNIT

## Front of unit



## Back of unit



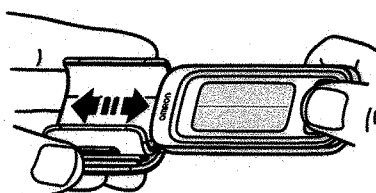
## Components

<p><b>How to attach the strap to the main unit</b></p> <p>Create a loop to attach the strap.</p>	<p><b>How to connect the strap and the clip</b></p>	<p><b>How to release and fasten with a clip</b></p> <p>To release      To fasten</p>
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### Holder

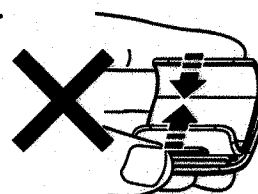
Use this holder when attaching the unit to your belt or the top of your pants.

Attach/remove the holder as illustrated below.



### NOTE:

When attaching the holder, do not grip it strongly at the top and bottom.

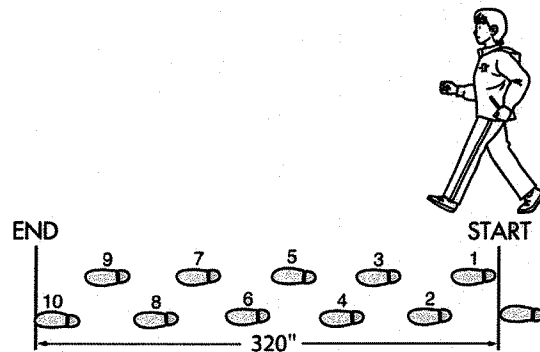


# STRIDE LENGTH MEASUREMENT

Measure your stride length before setting the pedometer.

## How to measure your stride length

1. Walk 10 steps with your normal stride as illustrated below.



2. Measure the distance from START to END in inches.
3. Calculate your stride length by dividing the total distance by 10.

### Example:

Total distance = 320"

$320 \div 10 = 32$  inches (2 feet 8 inches)

### Conversion Chart

12 inches = 1 foot

24 inches = 2 feet

36 inches = 3 feet


48 inches = 4 feet

# SETTINGS

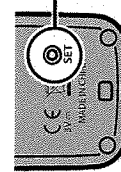
The unit comes with the battery installed. When you use the unit for the first time or you want to change settings, follow the steps below.

For setting range details refer to “Specifications” on page 21.

## 1. Press the SET button on the back of the unit with a thin, sturdy, stick that will not break easily.

 Do not press the button with a sharp point. This could cause damage.

SET button





The hour flashes on the display.



### NOTE:

If no button is pressed for more than 5 minutes...


- When setting up the unit for the first time or after using the system reset function  
→ The display will be turned off.
- When adjusting the settings  
→ The display will revert to the Step count/Time display.

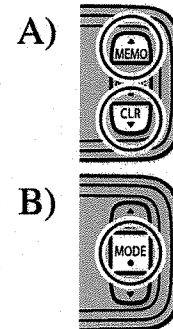
## 2. Setting the hour.

A) Press  or  to select the desired value for a setting.

• Press  () to advance (go back) one.

• Press and hold  () to advance or go back in increments of 10.

B) Press  to confirm the setting.



## 3. Repeat step 2 to set the minute.

## 4. Repeat step 2 to set the weight.

## 5. Repeat step 2 to set the height.

## 6. Repeat step 2 to set the stride length.

The Moderate steps/Minutes for moderate steps are displayed.

**All the settings are completed.**

# ATTACHING THE PEDOMETER

This pedometer accurately counts in a pocket, bag or anywhere you want to put it.

The unit may be placed in the upper front pocket of your clothing, in the front pocket of your pants, in a bag, or attached to your belt or pants, or hang it from your neck.

## NOTES:

- Press the clip open to remove the unit. Depending on the material, the clip may cause damage or scratches to your clothes if it is attached or removed roughly.
- The included strap and clip are to prevent the unit from falling. Do not hang the unit from your waist or a bag.

### Placing the unit in your pocket.

Place the unit in the front pocket of your shirt or pants. Clip the strap to the top of your pocket.



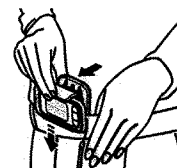
### Placing the unit in your bag.

The pedometer can be placed in any carrying bag. Clip the strap on the carrying bag.



### Attaching the unit at your waist.

Use the holder to attach the pedometer to the top of your belt or pants. Clip the strap to your pants.




### Hanging the unit from your neck.

Attach a secure string or cord to the pedometer. Place the string around your neck and hang the pedometer as illustrated.



## NOTE:

Make sure the string is correctly sized to easily remove the pedometer from around your neck.

-  If used hanging around neck, the string can cause strangulation. Do not place pedometer with string around a child's neck.

# COUNTING STEPS

## **When Steps are Counted**

The unit determines whether you are walking continuously to avoid counting movement other than steps. It does not display the step count for the first 4 seconds of walking. If you continue walking for more than 4 seconds, the pedometer displays the step count for the first 4 seconds and then continues to count.

**The unit may not count steps correctly in the following conditions:**

- 1. The memory is displayed or the unit is being set.**
- 2. The unit moves irregularly.**
  - When the main unit is placed in the bag and the bag moves irregularly because it hits your foot, your belt or the top of your pants.
  - When the unit hangs from your belt, the top of your pants or a bag.
- 3. Walking at an inconsistent pace.**
  - When you shuffle or wear sandals.
  - When you fail to walk consistently in a crowded place.
- 4. Up and down movement.**
  - Standing up and/or sitting down movement.
  - Playing sports other than walking.
  - Ascending or descending movement at stairs or in a steep slope.
- 5. Vibrations from a moving vehicle.**
  - Such as riding a bicycle, automobile, train or bus.
- 6. Jogging or walking extremely slowly.**

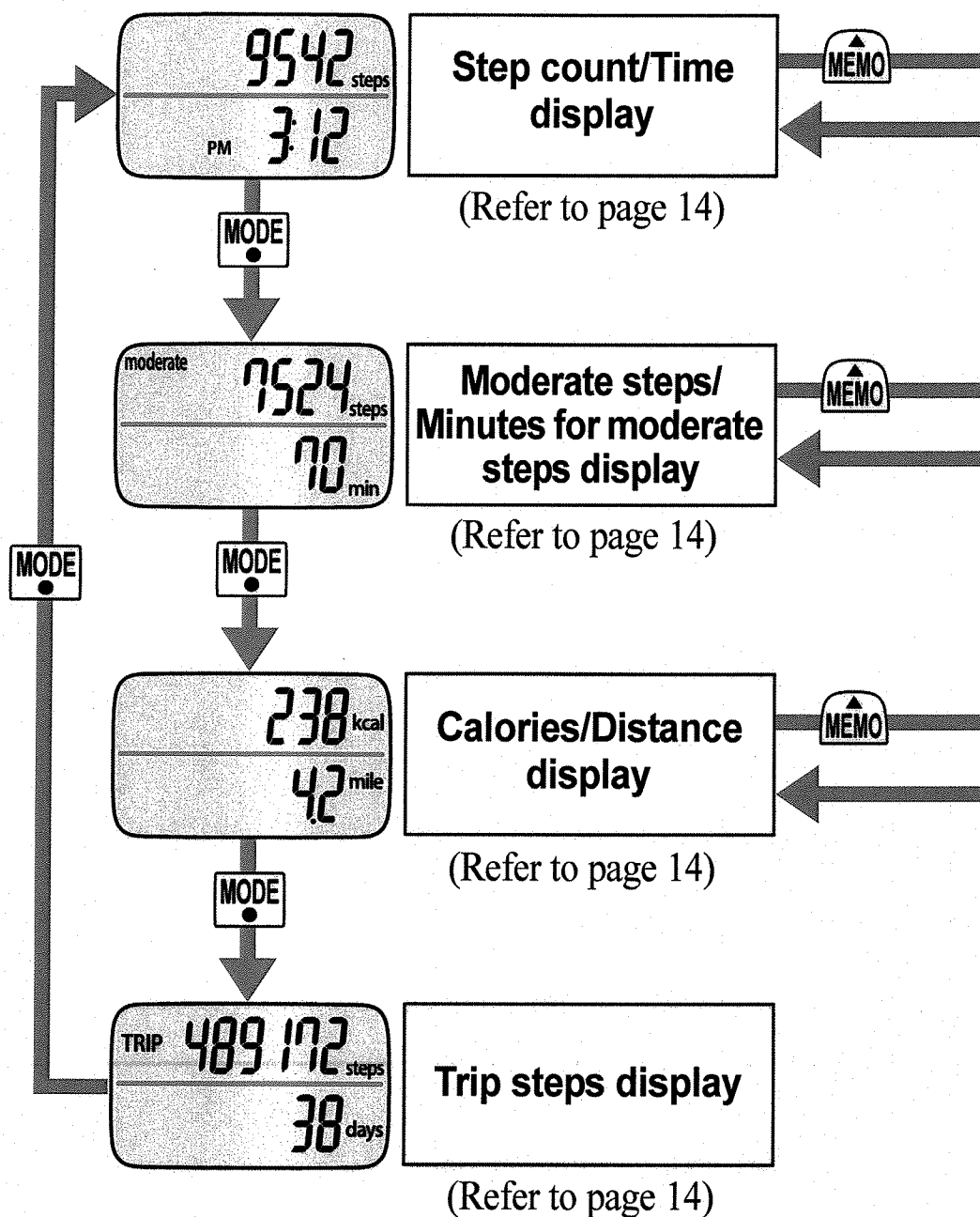
## **NOTE:**

The unit will count steps during jogging if it is attached to your belt or the top of your pants with a holder.

# CHANGING THE DISPLAY

This pedometer has different screens to display your data.

Use **MODE** to scroll through the data.

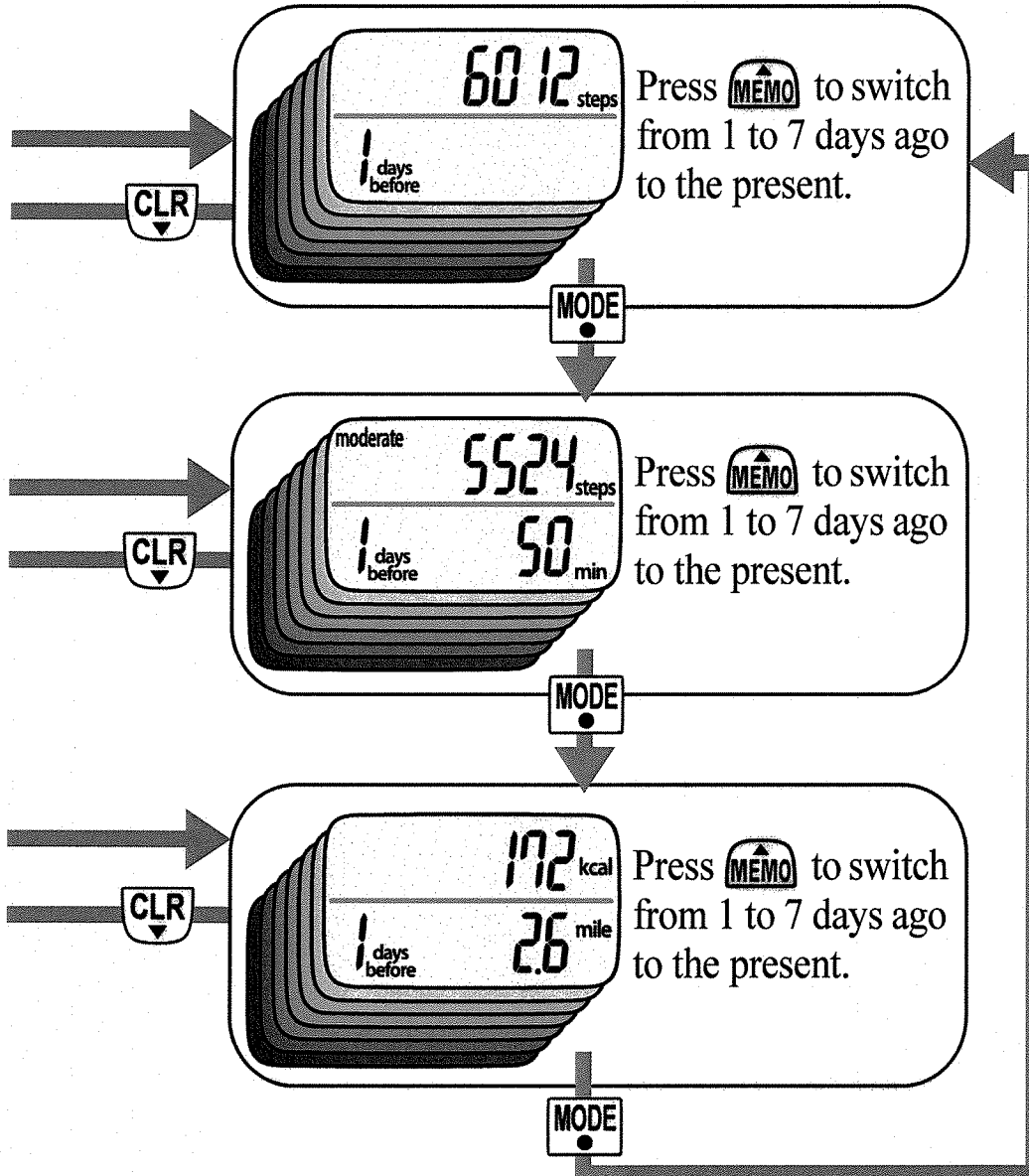


# CHANGING THE DISPLAY

Memory:

Use **MEMO** to scroll through all your measurements saved in memory.

Refer to “Using the Memory Function” on page 15.



## About the battery saving mode (sleep mode)

After 5 minutes with no button being pressed, the display will automatically turn off. However, the unit continues counting steps. This mode extends the battery life.

Press **MEMO**, **MODE** or **CLR** to activate the display again.

# ABOUT THE DISPLAY

## Step count/Time display



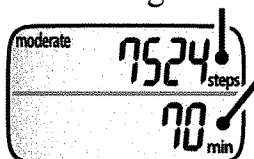
## Moderate steps/Minutes for moderate steps display

This displays only the Moderate steps and Minutes for moderate steps that were of the intensity recommended for effective exercise (3.0 METs or more).

### Moderate steps

This displays the number of steps measuring 3.0 METs or more from all the steps taken during a day.

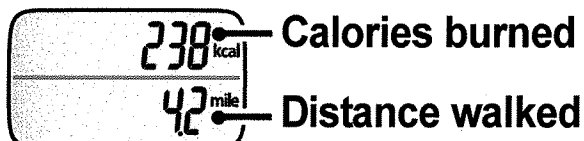
Guide to walking at 3.0 METs: Walking at 100 paces a minute for a stride length of 28 inches or 2.5 mph.



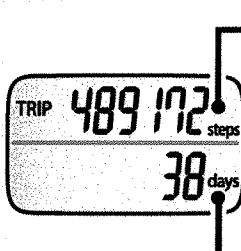
### Minutes for moderate steps

This displays the time walked at 3.0 METs or more.

## Calories/Distance display



## Trip steps display



### Trip steps (Total steps)

In addition to the normal step count, this counts the number of steps (up to 999,999 Trip steps) since the step count was reset. This is useful for counting the number of steps for an event, etc.

### Trip days (Total days)

This is the number of days from when the Trip step count was first reset (start) to when it is reset again (finish).

### NOTE:

When the number of Trip steps exceeds 999,999, the step and day count stops. To reset the Trip steps, refer to "How to reset the Trip steps data" on page 15.

# USING THE MEMORY FUNCTION

The current day's data is automatically stored in memory when the time reaches 12:00AM. The display will return to "0".

## NOTE:

The time must be correctly set in the unit.

## How to view data stored in memory (Except for the Trip steps display)

1. Press **MODE** until the data you want to see is displayed.

2. Press **MEMO** to view the data.

The previous day's data is displayed.

Continue to press **MEMO** until all 7 days of stored data is displayed.

Press **CLR** to return to the current display.

## NOTES:

- The time is not displayed when using the memory function.
- If no button is pressed for more than 1 minute, the display will return to the current day's data.

## How to reset the Trip steps data

1. Press **MODE** to select the Trip steps display.

2. Press **CLR** for at least 2 seconds.

"Clr" flashes on the display.

To cancel resetting of the Trip steps data, press **MEMO** or **MODE** while "Clr" is flashing.



3. Press **CLR** to reset the Trip steps data.

## NOTE:

If no buttons are pressed for more than 10 seconds or any button other than **CLR** is pressed, the display will return to the Trip steps display.

# BATTERY REPLACEMENT



When the low battery indicator appears on the display, immediately replace the battery with a new CR2032 battery.

Blinking	Battery power is low.
Appears continuously	Battery power exhausted. The unit stops counting steps.

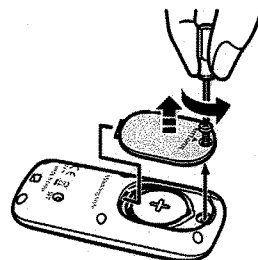
## NOTES:

- **Do not replace the battery around 12:00AM.** The measurement results of the day when the battery was removed will be added to the measurement results for the day the battery was inserted.  
(It is assumed that the battery will be removed and replaced with a new one on the same day.)
- **The measurement results are automatically stored in memory on the hour (e.g., at 12:00AM, 1:00AM, 2:00AM, ... 10:00PM, 11:00PM).** The measurement results from the hour until the time the battery is replaced will be deleted for that day.
- **When the battery is removed, the time will be reset to "12:00AM". Reset the time after inserting the new battery. Refer to "Settings" on page 9.**  
(The measurement results stored in memory and the weight, height and stride length settings are not deleted.)

# BATTERY REPLACEMENT

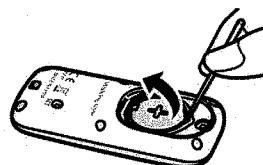
1. **Remove the screw on the battery cover located on the back of the unit, and remove the battery cover.**

Use a small screwdriver to remove the screw on the battery cover.



2. **Remove the old battery.**

Take the battery out with a thin stick that will not break easily.



**NOTE:**

DO NOT use a pair of metal tweezers or a screwdriver.



**CAUTION**

Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.

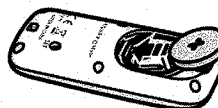


**CAUTION**

Do not throw the battery into fire. The battery may explode.

3. **Insert the new battery.**

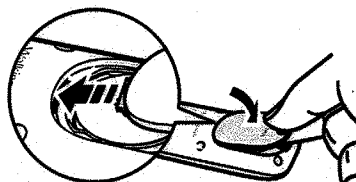
Place the positive (+) side of the battery upward. Insert the battery in the direction of the arrow as illustrated.



4. **Replace the battery cover.**

Insert the projected portion of the battery cover as illustrated.

Tighten the screw on the battery cover.



# USING THE SYSTEM RESET FUNCTION

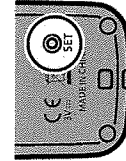
Use the system reset function in the following cases:

- When the display becomes unrecognizable
- When you want to delete all data

1. Press the SET button on the back of the unit.

**NOTE:**

Do not press the button with a sharp point.  
This could cause damage.



2. Press **MEMO** and **CLR** at the same time for at least 2 seconds.

After “ALL Clr” has been displayed, the hour flashes on the display.

To reset the time, weight, height and stride length, refer to “Settings” on page 9.

## CARE AND MAINTENANCE

*To keep your pedometer in the best condition and protect the unit from damage follow the directions listed below:*



### CAUTION

Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.

### **Clean the unit with a soft dry cloth.**

Do not use any abrasive or volatile cleaners.



### **Do not immerse the unit or any of the components in water.**

The unit is not waterproof. Do not wash it or touch it with wet hands. Be careful that water does not get into the unit.

### **Store the unit in a safe and dry location.**




Avoid the unit being exposed to direct sunlight, high temperatures, high humidity, water and/or dust.

### **Do not subject the unit to strong shock, drop, or step on it.**

### **Remove the battery if the unit will not be used for three months or longer.**

### **Use of the unit must be consistent with the instructions provided in this manual.**

# TROUBLESHOOTING TIPS

Problem	Probable Cause	How to Correct
The low battery indicator blinks or appears continuously.	The battery is low or worn.	Replace the battery with a new one (CR2032), refer to page 16.
Nothing is displayed.	The polarities of the battery (+ and -) are aligned in the wrong directions.	Insert the battery in correct alignment, refer to page 16.
	The battery is worn.	Replace the battery with a new one (CR2032), refer to page 16.
	Battery saving mode active.	Press either of  ,  or  , refer to "About the battery saving mode (sleep mode)" on page 13.
The displayed values are incorrect.	The unit is positioned incorrectly. Irregular movement. Inconsistent pace. Up and down movement.	Refer to "The unit may not count steps correctly in the following conditions:" on page 11.
	The set values are wrong.	Check the settings, refer to page 9.
"Err" is displayed.	A malfunction has occurred.	Replace the battery with a new one (CR2032), refer to page 16.
The display is unusual or the buttons do not operate normally.		Replace the battery with a new one (CR2032), refer to page 16.

## NOTE:

If a malfunction has occurred and you need to repair your unit, all settings and measurement results are deleted. We recommend that you record measurement results.

# SPECIFICATIONS

Model:	<b>HJ-303</b>
Power Supply:	3VDC (1 lithium battery CR2032)
Measurement Range:	Steps: 0 to 999,999 steps Moderate steps: 0 to 999,999 steps Minutes for moderate steps: 0 to 1,440 minutes Trip steps: 0 to 999,999 steps Trip days: 1 to 3,999 days Calories burned: 0 to 59,999 kcal Distance walked: 0.0 to 399.9 miles Time: 12:00AM to 11:59PM
Memory:	Previous 7 days on display
Setting Range:	Time: 12:00AM to 11:59PM Weight: 70 to 300 lb (in increments of 1 lb) Height: 3'4" to 6'6" (in increments of 1") Stride length: 1'00" to 4'00" (in increments of 1")
Operating Temperature/ Humidity:	14°F to 104°F (-10°C to +40°C) / 30% to 85% RH
Battery Life:	Approx. 6 months* (When used for 2 hours a day [approx. 10,000 steps]) <b>NOTE:</b> The supplied battery is for trial use. This battery can run out within 6 months.
External Dimensions:	Approx. 3"(w) × 1 3/8"(h) × 1/2"(d) (75.5 mm × 33.5 mm × 11.8 mm)
Weight:	Approx. 1 oz (battery included)
Contents:	Pedometer, Holder, Strap, Clip, Battery (CR2032 installed), Screwdriver, and Instruction manual

• **Specifications are subject to change without notice.**

\* New battery life based on OMRON testing.

# FCC STATEMENT

## NOTE:

### POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. The product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interference by one or more of the following measures:

- **Reorient or relocate the receiving antenna.**
- **Increase the separation between the product and the receiver.**
- **Connect the product into an outlet on a circuit different from that to which the receiver is connected.**
- **Consult the dealer or an experienced radio/TV technician for help.**

### POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the **interference-causing equipment standard entitled “Digital Apparatus”, ICES-003 of the Canadian Department of Communications.**

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B **prescrites dans la norme sur le matériel brouilleur: “Appareils Numériques”, ICES-003 édictée par le ministre des communications.**

Changes or modifications not expressly approved by the party **responsible for compliance could void the user’s authority to operate the equipment.**

# WARRANTY

## Limited Warranty

Your HJ-303, Omron GOsmart Tri-Axis Pocket Pedometer, excluding the battery, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the unit. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any pedometer covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service contact Omron Healthcare's Customer Service by calling **1-800-634-4350** for the address of the repair location and the return shipping and handling fee. Information for warranty service is available on our website at [www.omronhealthcare.com](http://www.omronhealthcare.com).

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

**ALL IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR PARTICULAR PURPOSE, ARE LIMITED TO THE DURATION OF THE APPLICABLE WRITTEN WARRANTY ABOVE.** Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

**OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.** Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above exclusions may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

## FOR CUSTOMER SERVICE

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[www.omronhealthcare.com](http://www.omronhealthcare.com)

Call toll free:

1-800-634-4350

Made in China

Distributed by:

**Omron Healthcare, Inc.**

1200 Lakeside Drive

Bannockburn, Illinois 60015

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5320904-6A